

INSIDE FITNESS

CrossFit captures civilian

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

Expectant mothers typically have a lot to do before the baby arrives. Between going to Lamaze classes, shopping for baby clothes, going to doctor's appointments and working full-time, Molly Gazzo, 56th Medical Group advanced medical administrator, who is in her first trimester, has found a workout solution that she can squeeze into her busy life — CrossFit.

Mrs. Gazzo, wife of Airman Nicholas Gazzo, 756th Aircraft Maintenance Squadron crew chief, has been doing CrossFit since January and does five workouts a week.

"Before CrossFit came to Luke Air Force Base, I never worked out," Mrs. Gazzo said. "Instead of playing sports in school, I worked at Dairy Queen and ate anything I wanted. The bad habits finally caught up with me when I was about 20-years-old and I knew I had to do something."

Mrs. Gazzo is a good friend of Sherri Biringer, 56th Force Support Squadron CrossFit supervisor, who got her started doing CrossFit.

"Sherri is a great motivator and encouraged me to keep going when I was complaining," Mrs. Gazzo said.

She said CrossFit works for her because the workouts are planned and different.

"Running on the treadmill and lifting weights is hard to stick with because, for me, it is boring," she said. "I'm addicted to CrossFit. If I don't go, something must be wrong."

Since starting CrossFit a year ago, Mrs. Gazzo said she has lost 16 percent body fat, 14 total inches off her body and has lost 25 to 30 pounds.

"I'm also able to do about seven pull-ups now compared to zero when I started," she said.

Mrs. Gazzo plans to continue with CrossFit throughout her pregnancy and afterward to lose the baby weight.

Mrs. Biringer said CrossFit is safe to do when pregnant as long as the doctor approves.

"Instead of Molly doing 65-pound thrusters like she normally does, she will drop the weight down to around 35 pounds and during the last trimester to about 15 pounds," Mrs. Biringer said. "During abdominal work, she will use an abdominal ball for added support. And, we will make sure she stays hydrated."

CrossFit has also inspired Mrs. Gazzo to make career changes.

"I'm going to school right now to become a personal trainer," Mrs. Gazzo said. "I want to teach people everything that I've learned and mentor them the way Sherri did for me."

Mrs. Biringer said Molly has improved greatly both physically and mentally since January.



Staff Sgt. Jason Colbert

Molly Gazzo, 56th Medical Group advanced medical administrator, work outs at the CrossFit center on Luke Air Force Base Friday.

"Her total self-esteem improved," she said. "Her attitude changed from 'I can't' to 'bring it on' and she has gained a lot of strength and endurance in the process."

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F-15 celebrates 35th anniversary

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

One of the biggest days in history at Luke Air Force Base was Nov. 15, 1974. President Gerald Ford presented the new F-15 Eagle Zero One to the base with more than 20,000 area residents and 2,000 military, civilian employees and dependents in attendance. This was the first time a president ever visited the base.

Retired Col. Richard Toliver, then a major with 11 years of service, was selected along with six other pilots to form the first F-15 Operational Test and Evaluation Detachment of the Tactical Air Command at Luke. They were responsible for developing tactics, techniques and procedures for the F-15 and evaluate its reliability, maintainability and operational effectiveness.

"The F-15 gave the United States global air superiority, because it was the best fighter in the world," this two-tour Vietnam veteran said.

The base was excited to have the new F-15s and there was a lot more smiling than complaining, Mr. Toliver said.

"We were the envy of just about every fighter pilot and maintainer in the Air Force," Mr. Toliver, a second generation Tuskegee Airman, said. "We tried our best to be humble, but I doubt others saw us that way. Being an 'Eagle driver' was just too much to contain."

The country realized the need for the F-15 during the Vietnam War, Toliver said.

But, the design and development took more than 10 years to complete. By then the Vietnam War was over but they still had to deal with the Cold War.

President Ford said in a speech he gave at Luke that the F-15 was developed in pursuit of peace.

"Our only aim – with all of the aircraft's new maneuverability, speed and power – is the defense of freedom," he said. "I would rather walk a thousand miles for peace than have to take a single step toward war."

The F-15 eventually replaced the F-4 at Luke and the very first one to arrive here is still on display at the Airpark.



Staff Sgt. Jason Colbert

Retired Col. Richard Toliver stands in front of the first F-15 Eagle Zero One to arrive at Luke Air Force Base Oct. 29. He was one of the first seven pilots to fly this aircraft.

Native American Indian Heritage Month

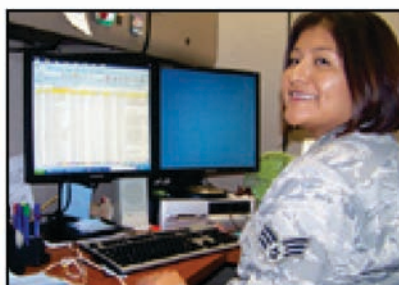
For the past 18 years, Americans have observed November as Native American Indian Heritage Month. American Indians have participated with distinction in United States military actions for more than 200 years. Their courage, determination, and fighting spirit were recognized by American military leaders as early as the 18th century. This month Luke Air Force Base will recognize the contributions of American Indians to American history and military culture through observances and events held on bases across the Air Force and by highlighting American Indians serving at Luke.

Today serving at Luke is: Staff

Sgt. Cynthia Waseta, 56th Medical Support Squadron manpower resource manager, a Zuni Native American. Sergeant Waseta joined the Air Force eight years ago to see the world. "Being in the Air Force is like being in my village. I like the cohesiveness of a small group or family." Sergeant Waseta has a military-oriented family; her great-great grandfather was in World War II, her grandfather served in the Army in the Korean War, her mother was in the Army and she has an uncle serving in the Marine Corps. "Our tribe is very tight knit just like the Air Force and we also have a proud history. We have succeeded in keep-

ing our traditions alive just as the Air Force keeps theirs."

For information on the AHI Luncheon, see Page 2.



Staff Sgt. Cynthia Waseta, 56th Medical Support Squadron manpower resource manager.

Notice to claimants

In accordance with Air Force Instruction 34-244, paragraph 3.1.5, notice is hereby given that Tech. Sgt. Wenhao Ho is deceased. The undersigned has been appointed Summary Court Officer for the purpose of estate settlement in accordance with AFI 34-244. All persons having claims against the estate are hereby on notice to present their claims. Claims must be presented to Maj. Darnell Walker, Summary Court Officer, at (623) 856-6568.

IN BRIEF

Wing motorcycle ride

The 56th Fighter Wing Safety office is organizing a wing motorcycle ride at 8 a.m. Tuesday. For more information, call (623) 856-6104.

Suns appreciate military

The Phoenix Suns present a Military Appreciation Night at 8:30 p.m. Wednesday, playing the New Orleans Hornets. Tickets are \$32 at ITT in Bldg. 1150 and include a Suns jersey bag. For more information call (623) 856-6000.

Recycling Week

Live Green Recycling Week and the community center will host an electronics drop off event Monday through Nov. 13 at the community center. Enter to win prizes. For more information, call (623) 856-7152.

Deployed spouses meal

Free food and entertainment are included at the deployed spouses and family dinner 6 p.m. Thursday at the Luke Community Chapel Annex sponsored by the 56th Operations Support Squadron and the Luke Chapel. For more information, call (623) 856-6211.

Restroom renovation

The Bldg. 1150 east side first floor restrooms are under renovation and will be closed through Dec. 15. For more information, call Michael Johnson at (623) 856-6995.

Retiree appreciation day

Retiree appreciation day is 8 a.m. to 1 p.m. Nov. 21 in Bldg. 485. Opening ceremony, sponsor displays, flu shots (if available), medical information, working dog demonstrations, static displays, music and door prizes are included. For more information, call (623) 856-3923.

CPTS office closed

The 56th Comptroller Squadron will close at noon Nov. 13 for an official function including the Finance Customer Service lobby. The office will resume normal business hours at 8 a.m. Nov. 16.

Sin by Silence film

Sin by Silence, a documentary of the stories of women incarcerated for killing an abusive husband is 11:30 a.m. Nov. 18 and 19 at McViper's Irish Pub and 7 p.m. Nov. 18 at Balfour Beatty Community Center. The film is sponsored by the Luke Air Force Base Family Advocacy Program.

AFSA luncheon

The Air Force Sergeants Association Cactus Eagle Chapter 1260 will meet at 11 a.m. Thursday in the Club Thunderbolt Tiki Hut Room. For more information, go to <http://afsa1260.wolfrageweb.com> or call Master Sgt. James Dixon at (623) 856-6911.

LOSC event

The Luke Officer's Spouses Club meets 10:30 a.m. Nov. 17 at Club Thunderbolt. For luncheon and childcare reservations, call Kim Granger at (623) 518-2894 by noon Nov. 13.

Hearts Apart

The November Hearts Apart event is 12:30 to 2:30 p.m. Nov. 17 and is a play date for families of deployed military members. It includes donuts and coffee, and a movie at Westgate City Center. For more information, call Staff Sgt. Nicole Eisenbarth at (623) 856-6841.

Spouse social

Spouses meet new friends, network and discuss common issues faced during deployment of an active-duty spouse 11 a.m. Nov. 17. An ethnic luncheon will be provided. For more information, call (623) 856-6841.

THUNDERBOLT ALMANAC

Sortie Scoreboard

Squadron	Training Timeline (Days ahead or behind schedule)	Delta (Sorties ahead or behind schedule)
61st FS	28	-92
62nd FS	-2	-67
308th FS	-2	-50
309th FS	10	37
310th FS	7	16
425th FS	na	-42
21st FS	na	7

FY10 Student pilot certifications: 47
Hours flown: 4,616.8 Sorties flown: 3,592
FY09 Mission Ready Airman graduates: 63
(As of Monday)

Airmen Against Drunk Driving Year-to-date

Pickups: 827
DUIs from Luke: 28
Excuses to drink and drive: 0
Lives saved from calling:
COUNTLESS (623) 856-AADD (2233)



**T-Bolts
Deployed**

**394 Luke members are
deployed to
19 locations
around the world.**

Pilot-for-day visits 62nd Fighter Squadron

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

Having only half of a normal-size heart didn't slow this tiger down when he took part in the pilot-for-a-day program Nov. 20 at Luke Air Force Base.

Micah "Tiger" Fraley, visited Luke with his mom, Heather; dad, Michael; sisters, Madison and Makey; and grandfather Timothy Miller, who is a retired Air Force master sergeant.

Micah was selected to participate in the PFAD program at Luke because he was born with only half of his heart developed. He has already had four surgeries and might need another when he reaches puberty.

"Micah is doing really well now but he had a pretty rough start," Mr. Miller said. "We have always tried to teach him that anything is possible for him, and this program does that."

The day began at the 62nd Fighter Squadron where Tiger met Lt. Col. William Jones, 56th Operations Support Squadron commander, and was given a flight suit, name patch and a coin.

The family toured the squadron and was given a briefing by Capt. Matthew Acer, 56th OSS instructor pilot, where they learned the basics about being a pilot.

The simulator was a favorite part of the trip for Tiger and his family.

"It was like playing a videogame but way better," he said.

He and his father played against his older sister while everyone else watched and laughed as they "learned" how to fly.

After lunch at Club Thunderbolt, Captain Acer brought Micah to see his F-16 on the flightline with his name on it.

Tiger's eyes lit up, mouth dropped and he sprinted up the ladder to jump in the seat.

"It was really cool to sit in my own plane," Micah said.

His grandfather enjoyed being on the flightline as well.

"It brought back a lot of memories and it was a huge adrenaline rush," he said. "The whole experience was really neat and a whole lot more than I expected."

Captain Acer said he the event was successful because of many people across base.

"It was great to see all the base agencies come together to support Tiger," Capt. Acer said. "Everyone did a great job getting the mission accomplished."

"It was great to see all the base agencies come together to support Tiger. Everyone did a great job getting the mission accomplished."

Capt. Matthew Acer

56th OSS instructor pilot



Senior Airman Tracie Forte

Capt. Matthew Acer, with the 56th Operations Support Squadron, lifts pilot-for-a-day Micah Fraley, 6, to the top of the 62nd Fighter Squadron operations desk for a flight briefing during his visit to Luke Air Force Base Nov. 20.



Senior Airman Tracie Forte

Heather Fraley places ear plugs in the ears of pilot-for-a-day Micah Fraley, 6, before visiting the end of runway during his visit to Luke Air Force Base Nov. 20.

IN BRIEF

Traffic Management Flight

The Traffic Management Flight, to include household goods, passenger travel, and cargo and freight, will close for an official function 10:30 a.m. to 4:30 p.m. Wednesday. In case of an emergency, call (623) 856-6425.

Holiday magic

Gift bazaar, tree lighting food booths, snow, Santa and Mrs. Claus, horse-drawn hay rides and a sleigh pull competition from 5 to 8 p.m. today. For more information, see Page 21.

Block house office closures

The 56th Force Support Squadron military personnel section, force management and career development offices in Bldg. 1150 will be closed from 11 a.m. to 1 p.m. Dec. 11 for an official function. Customer support will be open with minimal manning.

AFSA meeting

The Air Force Sergeants Association Cactus Eagle Chapter 1260 will meet at 11 a.m. Wednesday at the Club Thunderbolt Tiki Hut Room. For more information, go to <http://afsa1260.wolfrageweb.com> or call Master Sgt. James Dixon at (623) 856-6911.

Hearts Apart

The December Hearts Apart event is noon to 4 p.m. Saturday and is for families of deployed military members. For more information, call Staff Sgt. Nicole Eisenbarth at (623) 856-6841.

Deployment Readiness Center

The Installation Deployment Readiness Center manpower office is relocating for two months to Bldg. 1150. The new phone number is (623) 856-7838.

Kris Kringle Market

Children's craft booths, balloon artist, face painting, Santa and a continental breakfast are free at the Kris Kringle Market 9 a.m. to noon Dec. 12 at the youth center. For more information, call (623) 856-7471.

Art show

Luke Air Force Base youth program members can submit artwork in four age divisions and 10 categories for the National Fine Arts Exhibit by Dec. 12 for the Dec. 21 through 31 show at the youth center. For more information, call (623) 856-7470.

Air Force Honor guard

The Air Force Honor Guard is holding a recruiting briefing 7 a.m. and 11 a.m. Monday and 7:30 a.m., noon and 3 p.m. Wednesday at the ALS auditorium.

Winter wonderland

The Funtastic Friday Winter Wonderland for youth, ages 6 to 12, is 6 to 10 p.m. Dec. 18 at the youth center. The cost is \$8 per member and \$6 per open rec member. For more information, call (623) 856-7470.

Parents, who's in charge?

Learn to effectively discipline children, ages 2 to 12 in 1-2-3 Magic, a practical award-winning discipline program. Meet from 11:30 a.m. to 1 p.m. for three weeks starting Jan. 5. To register or for more information, call (623) 856-3417.

Men's anger management

A men's anger management group is 2:30 to 4:15 p.m. for 12 weeks beginning Jan. 7 at the 944th Medical Squadron building. To register or for more information, call (623) 856-3417.

Women's anger management

A women's anger management group is 2:30 to 4:15 p.m. for 12 weeks beginning Jan. 6 at Bldg. 1144. To register or for more information, call (623) 853-3417.

Key Spouse program

Key Spouses, appointed by commanders, volunteer time and assistance to families during deployment and remote tours, and welcome new members and families to the unit. The next training is 8 a.m. to noon Wednesday at the Airman and Family Readiness Center. For more information or to register, call (623) 856-6550.

Credit score enhancement

There is a credit score enhancement class 10 to 11 a.m. Wednesday. For more information, call (623) 856-6550.

THUNDERBOLT ALMANAC

Sortie Scoreboard

Squadron	Training Timeline (Days ahead or behind schedule)	Delta (Sorties ahead or behind schedule)
61st FS	25	6
62nd FS	2	30
308th FS	2	23
309th FS	10	52
310th FS	-2	16
425th FS	na	-29
21st FS	na	-5

Airmen Against Drunk Driving

Excuses to drink and drive: 0

Lives saved from calling: **COUNTLESS**

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**T-Bolts
Deployed**

**380 Luke members are
deployed to
15 locations
around the world.**

FY10 Student pilot certifications: 72
Hours flown: 7,067 Sorties flown: 5,496
FY09 Mission Ready Airman graduates: 92
(As of Monday)

INSIDE FITNESS

Range fitness prepares Airmen for combat

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

Normally, shooting at the range doesn't require a lot of energy. Most of the time shooters are relaxed and hitting the target is fairly easy.

But, training this way doesn't really prepare Airmen for combat, according to Rob Shaul, U.S. Coast Guard Academy graduate and Military Athlete strength and conditioning coach. He held a fitness seminar Nov. 2 and 3 at McViper's to teach security forces, physical training leaders and other interested Airmen how to train for combat.

Military Athlete is a garage-type gym in Wyoming similar to CrossFit that focuses on tactical performance and durability.

Mr. Shaul said Airmen can prepare for combat by practicing range fitness, which is doing marksmanship or other fine motor skills under stress.

"People usually have good fine motor skills at heart rates between 115 and 145," Mr. Shaul said. "When heart rates go above 145, the action becomes difficult to do."

A fine motor skill is an action involving small muscles, small movements and hand-eye coordination like shooting or typing, he said. The opposite would be a gross motor skill which involves big muscles and big movements like lifting or sprinting. And, a complex motor skill is a combination of both which would be like a quarterback dodging tackles while completing a pass.



Airman 1st Class Ronifel Yasz

"The ability to do a fine motor skill under stress is its own kind of animal," Mr. Shaul said. "You need to train frequently to get good at it."

Mr. Shaul showed the group of Airmen different ways to practice complex motor skills.

For Staff Sgt. Dawn Merzak, 56th Security Forces Squadron resource protection non commissioned officer-in-charge, the complex motor skill training gives Airmen

realistic practice for combat situations.

"The workout is very similar to CrossFit, but it takes it to another level, because the training is longer," she said. "It makes us more durable for long-term physical fitness and teaches us to control our adrenaline and nerves which increases our accuracy under pressure. The purpose is to take these exercises and directly apply it to our job."

See COMBAT, Page 7

Thunderbolts perform fine and gross motor skills at the Combat Arms Training and Maintenance building. Rob Shaul, a strength and conditioning coach through the National Strength and Conditioning Association, according to Criticalbench.com, took seminar participants there for target practice and a workout Nov. 3. Mr. Shaul has attended seminars and earned certifications through CrossFit, Gym Jones, U.S. Weightlifting and Athletes' Performance. He founded Military Athlete in January. He is a 1990 graduate of the U.S. Coast Guard Academy.

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Airman 1st Class Ronifel Yasay



Airman 1st Class Ronifel Yasay

Staff Sgt. Anthony Quinn, 56th Security Forces Squadron patrolman, removes his helmet after a workout with Rob Shaul, strength and conditioning coach, at the Combat Arms Training and Maintenance building Nov. 3.

Rob Shaul, strength and conditioning coach, teaches his fitness seminar participants to condition their bodies while firing under pressure at the Combat Arms Training and Maintenance building Nov. 3.

COMBAT (from Page 3)

To train complex motor skills, you can either bring the gym to the range or the range to the gym, Mr. Shaul said.

Bringing the gym to the range involves doing exercises like ups and downs, sprints and other quick movements that raise the participant's heart rate, Mr. Shaul said. Between exercises, a fine motor skill is performed such as shooting targets for time.

"This type of training is usually difficult, because it requires a lot of time and organization with range restrictions and safety concerns," he said. "When doing this, it is best to keep everything as simple as possible."

Bringing the range to the gym is easier but requires some creativity, Mr. Shaul said.

"It also involves a circuit of exercises, but shooting is replaced with other fine motor skill actions like lighting birthday candles, inserting IVs or using a tiny calculator to solve a complicated math problem."

The key to practicing range fitness is adding stress, he said. This can be done physically or mentally by adding competition, pain or a suffering teammate. All these stressors are found in combat and learning to deal with them now can save life later.

FIT WARRIOR OF THE WEEK

**2nd Lt. Kuang Wei Huang
56th Operations Support Squadron
Deputy Chief of F-16 Intelligence Operations**

How do you stay fit?

I lift weights or do cardio six days a week. If you push hard when you run and you are constantly hitting muscle failure when you lift weights, you can maximize the effectiveness of your workout and shorten the time you actually spend working out.

What drives you to keep working out?

Personal responsibility. You are directly responsible for your body. Why not take care of it?

Favorite music to work out to?

I don't listen to music when I'm working out.

Favorite workout?

I actually don't particularly enjoy working out or have a favorite exercise. I guess my last lap or exercise would be my favorite.

What motivated you to become physically fit?

It started in high school because I thought it would make me more attractive to girls. Then in college my motivation was fear of losing what I'd worked hard for. Now it's personal motivation where I feel I owe it to myself.

What advice do you have for others to score 100 percent on their PT test?

Don't just rely on PT from the Air Force. Have a goal of where you want to be fitness-wise in your life and hold yourself accountable for that goal.



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Oct. 2, 2009
Vol. 9, No. 39

BASE BULLETIN

The base bulletin is provided for the Luke Air Force Base community and features items of interest to base personnel.

Family campout

The 56th Force Support Squadron is featuring a family campout 4 p.m. Oct. 9 to 8:30 a.m. Oct. 10 at Fowler Park. Rent a tent package at outdoor recreation, Bldg. 247, or bring your own. Register by Monday at (623) 856-9334.

AAFES gas station closure

Gasoline will not be available at the Army and Air Force Exchange Service gas station, Bldg. 177, starting Sunday for two weeks to allow moving of the gas pumps to the new shoppette location off Thunderbird Rd. The Car Care Center will continue to provide car and tire service during the transition and can be reached at (623) 935-4953. The gas pumps are tentatively scheduled to reopen at the new location Oct. 19 before the grand opening of the entire facility Oct. 29.

New MPS hours

The 56th Force Support Squadron Military Personnel Section Customer Support Element is expanding hours for active-duty in uniform to 6:30 to 7:30 a.m. Mondays and 4 to 5 p.m. Wednesdays. The MPS is open for all customers 8 a.m. to 3 p.m. Monday through Friday. For retired customers, MPS will open 9 a.m. to noon for walk-ins the last Saturday of the month. For more information, call 1st Lt. Yvette Cruz at (623) 856-4503.

Register for classes

On-base colleges are registering now for classes beginning in mid-October. Early registration can secure a place in the classroom. Tuition assistance forms can be initiated in the Air Force Portal-AFVEC and must be completed by the class start date. For more information, call the education office at (623) 856-7722.

Pet Poolooza

Pet Poolooza is 10 a.m. to 2 p.m. Saturday at Silver Wings Pool. There will be contests including best-dressed dog, smallest/largest dog, pet owner look-a-like and dog long-jump.



62nd Fighter Squadron graduation is today. For story and photos, see Page 16.

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56th SFS, CES secure United Nations

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

The 56th Security Forces Squadron and 56th Civil Engineer Squadron sent teams from Luke Air Force Base to help the New York Police Department, the Secret Service and other law enforcement agencies with security during the United Nations General Assembly in Manhattan, N.Y., Sept. 17 through 27.

The teams secured vehicles, buildings and other locations where General Assembly attendees would go, according to Staff Sgt. Gabriel Bravo, 56th Security Forces Squadron military dog handler.

"Staff Sgt. Kyle Alltop, 56th SFS military dog handler and his K9 partner, Chrach, found two unauthorized handguns during a vehicle search at a checkpoint," Sergeant Bravo said.

According to Sergeant Alltop, every year presidents and prime ministers from countries all over the world come together for a general assembly to discuss important topics at the U.N.

"This was the 64th time they met and a main topic discussed was nuclear proliferation. Members discussed which countries are allowed to have nuclear materials and for what purposes they can use them," Sergeant Alltop said.

According to Sergeant Bravo, one hundred and ninety two countries were represented at the event and the Luke teams were responsible for the security of high-profile visitors.

"The event was so big the 56th SFS



Courtesy photo

Staff Sgt. Gabriel Bravo, 56th Security Forces Squadron military working dog trainer; military working dog Jumpy; Terry Skaggs, Port Authority police officer; Staff Sgt. Kyle Alltop, 56th SFS MWD handler, and MWD Chrach, pose for a photo during an exclusive tour of Ground Zero Sept. 18.

and CES Airmen from Luke never even crossed paths," said Staff Sgt. Benjamin McGraw 56th Civil Engineer Squadron explosive ordnance disposal craftsman. "We were both performing the same mission but at different places."

See U.N., Page 11

Double trouble flu season means proactive action

With flu season coming up, the 56th Medical Group is getting the word out to Luke Air Force Base members on how to protect themselves from catching the virus and how to avoid spreading it.

Q: What is 2009 H1N1 (swine flu)?

A: 2009 H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. It was first detected in people in the United States in April 2009 and the virus is spreading person-to-person worldwide.

Q: What is the seasonal flu virus?

A: Seasonal flu, also called influenza, is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and at times lead to death.

Q: How do the flu viruses spread?

A: Spread of 2009 H1N1 virus is thought to occur in the same way seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something—such as a surface or object—with flu viruses on it and then touching their mouth or nose.

Q: What are the signs and symptoms of H1N1 Flu virus versus seasonal flu virus in people?

The symptoms of 2009 H1N1 flu virus and the seasonal flu virus are similar and may include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Many people who have been infected with flu viruses

See FLU, Page 18

Dining facility nominated for award

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

The Ray V. Hensman Dining Facility staff has been making changes lately to improve their chances of winning the Hennessy Award which will be presented in October or November. They got new uniforms, painted the building, and put in new plasma televisions to prepare for the inspection which took place in late September by the Air Education and Training Command inspectors.

The Hennessy Award is an annual award developed by President Franklin Roosevelt in 1943 to recognize the top Air Force food program. This year, Luke Air Force Base is up against Tyndall Air Force Base, Fla. Both bases beat out several others in the AETC to be finalists.

Everyone at the dining facility has been going above and beyond in an attempt to win this award, including Senior Airman Maximilian Rivera, 56th Force Support Squadron food service journeyman.

"I try to make the food look more presentable with garnishes and make it taste better by altering the recipes when I can," he said.



Airman 1st Class Ronifel Yasay

Senior Airman Maximilian Rivera, 56th Force Support Squadron services journeyman, prepares lunch at the Ray V. Hensman Dining Facility sporting a new chef hat. The chef hats are color coordinated: blue chef hats worn by senior airmen, first cooks; the red are for E-5s and above or shift leaders' and the white chef hats are worn by E-3s and below.

See DINING, Page 18

JUSTICE

(from Page 10)

tion of Article 86, Failure to Go to work and one specification of Article 112, Drunk on Duty. The member received a reduction in rank to E-3, a suspended reduction in rank to E-2, forfeiture of \$784 pay per month for one month, suspended forfeiture of \$784 pay per month for one month, 30 days extra duty and a reprimand.

* A senior airman was charged with one specification of Article 111, Driving Under the Influence on base. The member received a reduction in rank to E-3, a suspended reduction in rank to E-2, forfeiture of \$784 pay per month for two months, 14 days extra duty and a reprimand.

56th Security Forces Squadron

* A senior airman was charged with two specifications of Article 86, Failure to Go to work and training. The member received a suspended reduction in rank to E-3, forfeiture of \$156 pay per month for two months, 45 days extra duty and a reprimand.

56th Logistics Readiness Squadron

* An airman 1st class was charged with one specification of Article 92, Failure to Obey a Lawful Order not to drive on base. The member received a reduction in rank to E-2, 60 days restriction and a reprimand.

While punishments for similar offenses may appear to vary from case to case, each case is decided based on a number of factors and on its own specific facts. Punishments vary based on such factors as an offender's age, prior work and disciplinary record, financial condition, suitability for continued service and the level of severity of the particular offense committed. To ensure fair administration of justice throughout the Luke community, the legal office reviews all cases.

Courtesy of the 56th Fighter Wing Legal office

U.N.

(from Page 1)

Work for both units started early in the morning and ended about 13 hours later for 11 days straight, Sergeant Benjamin said.

"Although the hours were long, the experience was great and well worth it," Sergeant McGraw said.

The NYPD, port authorities and other law enforcement agencies showed great support for the military helpers, Sergeant Bravo said.

"Not only did they come by regularly and give us drinks at the checkpoints, but they gave us an exclusive tour of the Statue of Liberty and Ground Zero with the dogs," he said. "We saw a lot of things most people are not allowed to see."

Sergeant Alltop and Sergeant Bravo said they visited Central Park often with the dogs so they could take a break and exercise.

"The dogs are treated like us," Sergeant Bravo said. "They get their own seat or row on the airplane, their own bed in the hotel room, and watched ESPN in the room when we had to do tasks without them. They work just as hard as we do, so they deserve it."



Staff Sgt. Gary Mathieson



Volunteering in the community

Members of Luke Air Force Base's 944th Civil Engineer Squadron apply combat face paint to students of TOTS Unlimited Preschool and Child Care in Glendale. 944th CES members helped host a military night for the children who attend the school.

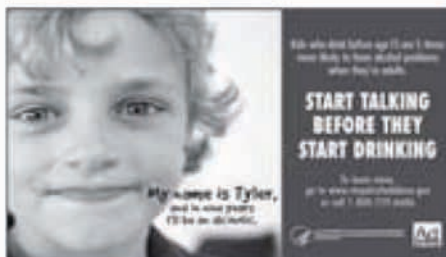


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